

# Marijuana

Is it safe when  
breastfeeding?



**Using marijuana if you breastfeed is NOT healthy  
for your baby and it is NOT recommended.**

(American Academy of Pediatrics and The Academy of Breastfeeding Medicine)

## What are the risks?

- THC, the active ingredient in marijuana, gets into your breast milk and your baby.
- When you use marijuana, the THC stays in your body fat, blood, and breast milk for up to 30 days. This means it can build up in your baby's body over time. Your baby could also test positive for THC.
- Using marijuana may create feeding problems. It can lower your milk supply. It can also make your baby less willing to eat. This could lead to slow weight gain or failure to thrive.
- Some studies show that babies exposed to THC in breast milk may have an increased risk for Sudden Infant Death Syndrome (SIDS).

**Give your baby the healthiest  
start in life. Choose to breastfeed  
and DON'T use marijuana.**

## The benefits of breastfeeding!

- When you choose to breastfeed you are investing in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby.
- Breast milk protects your baby against illnesses like ear infections and colds.
- Breastfeeding helps lower the chance that your baby will have allergies, asthma, obesity, some childhood cancers, and type 2 diabetes.
- Mothers who breastfeed heal from childbirth more quickly and easily.
- The hormones released while breastfeeding can help you feel less stressed and anxious.
- Women who breastfeed have lower rates of breast and ovarian cancer and type 2 diabetes later in life.
- Breastfeeding is free and without the hassle of using bottles or mixing formula.

## Still have questions?

Talk to your baby's health care provider about the risks of marijuana use compared to the benefits of breastfeeding. This will help you make the best decision for you **and** your baby.

## Do you need help quitting?

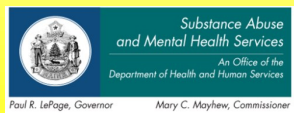
Reaching out for help is a sign of strength. For more information, call the Maine Office of Substance Abuse and Mental Health Services at 207-287-8900 or 1-800-499-0027 or dial 2-1-1 from any phone in Maine or go to [www.211maine.org](http://www.211maine.org).

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### SOURCES:

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